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WARTBURG TRUMPET

March 26, 2018

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Volume 112, Number 19

WCDM STOMPS GOAL

ANNIKA WALL
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Wartburg College Dance Marathon crushed its 2018 fundraising goal by over $25,000. The total amount of fundraising was revealed at 9 p.m. Saturday with the conclusion of the marathon.

As a college, members of Dance Marathon had a goal of $90,000. The goal was demolished as dancers fundraised a grand total of $115,196.10.

Each dancer was required to fundraise at least $120 in order to attend the big event on Saturday. While this number may seem large, there are many different opportunities throughout the year to fundraise. This includes sharing a DonorDrive link on social media, Cans for a Cause work, a 5K and volleyball tournament and selling ButterBraids and Popcorn Heaven products.

First-year participant Haley Meyer said that she had to get over the fear of asking others for donations during her Dance Marathon experience.

"Asking people for donations is sometimes hard to do, but when you think about how it's all going towards this cause, it's worth the awkward moments," Meyer said. All the money raised by WCDM goes to the University of Iowa Stead Children's Hospital, located in Iowa City. Third-year Abby Klug said that she likes how Dance Marathon touches everyone who participates in a different way.

Dance Marathon p. 3

Photos by **Kendall Erenberger**/*TRUMPET*

March 26, 2018

TRUMPET

WINTER 2018

VOLUME 112 ISSUE 19

LETTER FROM THE EDITOR

The power of community

MEGAN STEPHENSON
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Welcome to Trumpet's last March issue!

We decided to end this month on a simple note, so you might notice we switched it back to eight pages. (Don't worry, the 12 pages will make a comeback!)

This week, we have two big stories for you that I think really touch on the power of community and the amazing people at Wartburg.

Hundreds of students participated in the Wartburg College Dance Marathon in order to raise money for the University of Iowa Stead Children's Hospital in Iowa City, Iowa. They worked together and danced their Saturday away for a good cause, something not everyone would be willing to do.

The Dance Marathon participants weren't the only group to gather together in celebration of something powerful this week.

Wartburg's International Club held its annual Culture Show, which featured student performers showcasing their talents and expressing their traditions to hundreds of audience members.

The Culture Show and Dance Marathon, to me, both show the difference Wartburg students can make when we come together.

Raising awareness, combating ignorance and spreading new ideas are things many Wartburg students strive to do, and the Trumpet staff always looks forward to listening to and sharing your stories.

Thank you for choosing to read the Trumpet today. Our team looks forward to hearing your thoughts.

With only one issue left in Winter Term, please feel free to reach out to me or any member of Trumpet staff with your story ideas.

We can't wait to help you get your voice heard.

Please share this issue with your friends, family and members of your community and celebrate the people of Wartburg.

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GET INVOLVED

We want your feedback! Send us your comments, questions or concerns to trumpet@wartburg.edu with "Letter to the Editor" in the subject line.

The Wartburg Trumpet is published most Mondays during the academic year.

STORY MEETINGS

The Wartburg Trumpet story meetings are every Sunday at 6:00 p.m. in McElroy 133. To submit a story idea, email trumpet@wartburg.edu by Saturday at 5:00 p.m. To sign up for a story, attend the Sunday meetings or contact Megan Stephenson at megan.stephenson@wartburg.edu.

NEW WRITERS WANTED

The Wartburg Trumpet is looking for passionate writers to be a part of their team. Contact Megan Stephenson at megan.stephenson@wartburg.edu.

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Opinions expressed in the Trumpet are those of the editorial board and are not necessarily representative of the opinions of the administration, faculty or staff at Wartburg College.

Letters to the editor are subject to editing without changing the meaning of the letter. Authors will not be notified of changes prior to publishing. Letters must be signed, fewer than 500 words, submitted by 9 p.m. Thursday and related to current issues in the Wartburg community. Letters may be sent to the journalism and communication office or emailed to megan.stephenson@wartburg.edu. Please type "Letter to the Editor" as the subject line. Publication is at the discretion of the editor.

8 from campus to speak at event

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Wartburg College will host TEDxWartburgCollege with over 10 speakers on Saturday, April 7, from 10 a.m. to 5 p.m. in the McCaskey Lyceum. Eight members of the Wartburg community will give their own TED Talk at the event. The Wartburg speakers were asked questions about their talk, what they're most excited about, and why they wanted to give a TED Talk. The rest of their answers can be found online at www.wartburgtrumpet.com.

Tickets can be purchased at www.wartburg.edu/tedx. Student tickets are $15 and adult tickets are $20.

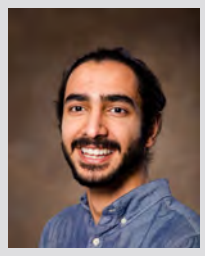
"Call for Real FaceTime"
10:35 a.m.

Samantha Pfab

What is the subject of your TED Talk, and why did you pick it?

"The title of my talk is 'A Call for Real FaceTime' and I stumbled upon my topic kind of by accident because I was searching for a topic when something happened organically in my life that I felt would be a great thing to talk about. In a sense, the talk just fell into my lap."

10:55 a.m.

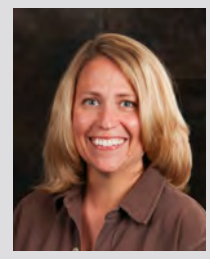


Shazeb Jadoon

What about the TEDx event are you looking forward to most?

"For me the most important part is not during the TED event, but afterwards when people act on the things they learn from the event. In general, I'm excited about the whole process, and to watch all the talks that would be given that day, and would definitely want to see how people respond to mine since I'm doing mine in a stand-up comedy format, and I've never done anything like it before."

"Practice Mindfulness and Change the World"
11:40 a.m.



Dr. Cynthia Bane

Why did you want to give a TED Talk?

"I appreciate the TED organization's mission of spreading ideas worth sharing, and I like the TED-talk format. It's fantastic that a group of students has worked to get a TEDx license and to organize the event."

"The Adversity Effect"
12 p.m.

Maria Munguia-Cortés

What is the subject of your TED Talk, and why did you pick it?

"Adversity. I chose this because adversity is something I know too well. I want to give people a different outlook on what adversity is and means."

TEDx WartburgCollege

x = independently organized TED event

"Changing Scientific Publication to Scientific Dialogue" 2 p.m.

Johanna Kluck

Why did you want to give a TED Talk?

"I saw a problem affecting our society that wasn't widely recognized, and believe the best way to begin solving this problem is to bring it to a broader audience."

"It Is Time for a Plastic Diet!"
3 p.m.

Anne Duncan

What about the TEDx event are you looking forward to most?

"I'm very excited to see who comes, and participate in the production side. It's been a few years since my collegiate theatre involvement, and this will be similar."

"Don't Follow Your Dreams"
3:40 p.m.

Madalynn McKelvey

What is the subject of your TED Talk, and why did you pick it?

"My talk is about vocation, and some of the cliches and misconceptions our society has subscribed to surrounding the concept. I'm passionate about this subject because I have struggled a lot with the idea of vocation personally, and I think a lot of people can relate to the things I have experienced and learned about in the process."

"Let's Stay in Touch"
4:15 p.m.

Dr. William Withers

Why did you want to give a TED Talk?

"I've always been fascinated by TEDs ever since they started back in 1990, and to have been invited to join other thought-leaders is such an honor. I'm particularly honored to be joining many of our students, too, all influencers in their own right."

ADDITIONAL SPEAKERS

Chimamanda Adichie - TED Video: "The Danger of a Single Story," 11:15 a.m.

Jonah Stillman: 1:40 p.m.

Chuck Nice - TED Video: "A Funny Look at Unintended Consequences of Technology," 2:20 p.m.

Nate Monson: 2:40 p.m.

Graham Hill - TED Video: "Less Stuff, More Happiness," 4 p.m.

Dance Marathon stomps goal

◂ Continued from p. 1

"What I think is so unique about this organization is that it means somewhat different things to each person participating," Klug said. "Dancers are encouraged to share their 'why' – meaning why they dance – because of how this organization touches and means something different to every participant."

Meyer was encouraged by her cousin to participate in Dance Marathon because of the impact that fundraising "for the kids" has. Meyer said that even though she's young, the experience showed how she can make a difference.

"I'm starting to see just how much college students can help. We raised over $28,000 in one of our push days when our goal was $24,000," Meyer said.

Dancers who fundraise the minimum amount are eligible to attend the big event. At this event, dancers meet Miracle Kids and their families who received care at the University of Iowa Stead Children's Hospital. Throughout the day, the families share stories about how Dance Marathon affected their stay at the hospital.

Dancers also participate in a variety of activities with the Miracle Kids, including dodgeball, a volleyball tournament, bounce houses and basketball. Additionally, Dancers and the Miracle Kids learn a morale dance, which is done at the top of every hour during the 12-hour period. At the conclusion of the day, the total fundraising amount is announced. This year, thanks to the work of Dancers, WDM fundraised a six-figure number for the first time.

Klug had only positive things to say about the total amount raised.

"Participants in Wartburg College's Dance Marathon are all very passionate about this cause and this passion and enthusiasm was a major key in accomplishing our goal," Klug said.

Impact of Title IX on athletics

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Title IX was implemented in the United States in 1972 as a way to prevent discrimination or exclusion based on gender.

One area that has seen a large impact has been athletics.

Wartburg volleyball co-head coach Jennifer Walker said Title IX has come a long way and is very important, especially for female athletes.

"Being an athlete and being able to understand that what you are doing is just as important as what guys are doing and that you're going to get the same support administration and the community around you gives value to what you are doing," Walker said.

"I don't think athletes today understand the struggles those athletes did, even I don't because they went through them before my time," Walker continued.

Lindsey Leonard serves as part of the Title IX team at Wartburg and is also one of the head coaches for the Wartburg cheerleading team.

Fans came from all over to support the Wartburg women's basketball team for their trip to the Final Four on March 16. - **Marketing & Comm**

She said athletics, just like college, were originally intended for men and that is why the implementing of Title IX has been so important.

Like Walker, she said one of the biggest improvements has come in the level of support for women's athletics especially for a group like the cheerleading team

"Every year we get better at making our female athletes feel as supported within their sports as our male athletes do," Leonard said.

Improvements have also been made to the facilities for female athletics and Walker said it makes the experience much better for the athletes.

Both Leonard and Walker said the atmosphere for women's sports at Wartburg is top notch and they have had great experiences as coaches at the school.

"I've never felt any disrespect or lessening of the importance of our program," Walker said.

When Walker first started at Wartburg she was taking over a position that was held by coach who led both the softball and volleyball teams.

By hiring individual coaches for each sport, Walker said the school was already showing the respect women's sports.

While Title IX has come a long way, Leonard said there is still a lot of work to do, especially in the case of transgender athletes.

"It used to be black and white, male and female, but now what do you do for a person that is transgender?" Leonard said.

"How do we keep pushing the Title IX rules to encompass everyone?"

Wartburg Title IX Coordinator Karen Thalacker said one thing that is normally looked at is the success of male and female programs and how much attention the school is paying to women's athletic teams.

"You would really have to look at whether the school is adequately addressing the female sports," Thalacker said.

"When you look at what Wartburg does, wow, they are really paying attention to both female and male sports."

This year, Wartburg has won conference titles in volleyball, women's golf, women's basketball, women's cross country and women's indoor track and field while also sending the women's soccer team to the NCAA Tournament.

They have also brought home titles in football, men's cross country and wrestling.

Walker said this is because not just of support for the programs, but the coaches that lead the respective teams.

"As coaches, we don't shy away from trying to be the best, Wartburg has never done that," Walker said.

She said this is also true about the men's athletics at Wartburg as well

Thalacker has been in her position for two years.

When she originally started, she expected she would have to help make a lot of changes, but that has not been the case.

"If there were things that were not being done appropriately, I would have had no problem saying, 'We're doing things differently, this is unacceptable,' things like that. It has been the opposite," Thalacker said.

"I have just been completely impressed with the professionalism and just the quality of the conduct here."

RICE Day prep underway

KAYLIN MUGGLER
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RICE Day at Wartburg College showcases students from all departments and the work they have been dedicating themselves to throughout the year.

There are numerous projects that will be shown, such as psychological case studies and their findings.

Other projects include architectural work, design and art work.

There will be numerous presentations and much more throughout the day on April 12.

"I will be presenting over my internship that I had these past two semesters with the Wartburg College Marketing and Communications Department," third-year Wartburg College student Lexi Bodzioch said.

RICE Day was created to bring cultures on campus together to celebrate academic excellence and hard work.

It was also designed to create awareness and appreciation for a wide variety of student learning, and provide a platform for students and faculty to share their knowledge and work.

The work can inspire and educate the campus community, alumni, friends, and general public.

Presentations will begin at 5:30 p.m. Wednesday, April 11 with the Senior Banquet.

Activities will then follow Thursday, April 12 with a Parents Reception.

A full schedule of the events showcased that day can be found at www.wartburg.edu/rice/.

Students gave performances to represent their different cultures at Friday's Culture Show. Culture Week consisted of several events celebrating diversity and students from different countries, ending with the Culture Show. - **Megan Stephenson**/*TRUMPET*

Students celebrate different cultures

MEGAN STEPHENSON
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Wartburg's International Club held its annual Culture Show on Friday evening in the Lyceum to end the celebration of culture and diversity.

Hundreds of students, faculty, staff and community members attended the free event to watch traditional and uplifting performances from around the world.

The hashtag #WorldatWartburg was used in celebration of the differences each student brings to the table and the rich community Wartburg hosts.

With 121 international students from 55 different countries, the Culture Show gives an opportunity for the Wartburg community to learn from each other and share experiences.

This year, there were a number of music, dance, comedy and spoken word performances featuring both groups and individuals.

The show opened with a video produced by Josh Voigt. The speaker in the video, Charmaine Denison-George, warmly welcomed the audience and reminded them what this show means to Wartburg.

"The plight of many Wartburg internationals or multi-cultural students is a story of leaving home with bags full of hope, joy, excitement to see, learn, explore, connect," Denison-George said.

"So, lend me your ears and eyes at this time and journey with me to a place of mutual understanding, of cultures here represented, so that we all experience a desirable magic created in unity, understanding, acceptance and peace. What a blessing, then, to see the world as such. To be reminded that together, we are a representation of the world at Wartburg."

Maya Weatherall, a fourth-year, was one of the performers in the show. She did an individual spoken word performance as well as a dance performance.

Weatherall said she thought the show went well and smooth and everyone was excited and ready to perform.

"Since it is my last Culture Show, I wanted to really make it big this year. I was not nervous, but I was excited to showcase my talents," Weatherall said.

Many of the student performers and even organizers expressed how important the show is for students and Wartburg community members.

Weatherall said she believes the Culture Show is important because it allows different demographics on campus to witness different cultures and students from different countries.

"When we all come together to represent different parts of the world it is an example of diversity and inclusion," Weatherall said.

Another student performer, Yari Chaves, said being part of the show was amazing, and she is looking forward to coming back and watching the show as an alumni.

The Culture Show was the finale to Culture Week, which celebrates students from all over the world through different activities and conversations.

Some of the other celebrations included crafts and henna night, a panel discussion on classroom interactions, assumed cultural assimilation and stereotypes, dances from around the world and a creative workshop exploring solutions to "wicked problems."

"I believe this is an opportunity not only to show part of our background as international students, but also an opportunity to learn about us and our countries and traditions," Chaves said.

"I feel the Culture Week brings a bit of each country here."

Housing lottery comes to close on campus

KAILEE O'BRIEN
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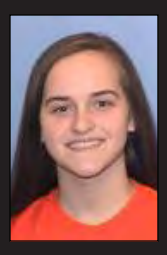
Wartburg's housing lottery is coming to a close for 2018-2019.



Lauren Reicks

On March 21 at 7 p.m., students who want to live in four-person suites in Grossmann Hall, Lohe Hall, Founders Hall, Centennial Complex, and the Waverly Manors will have their lottery

On March 31 at 7 p.m., students wanting double rooms in Grossmann Hall, Founders Hall, Afton Manors, Clinton Hall, and the Centennial Complex will have their lottery.

Triple rooms in Lohe Hall, Founders Hall, and the Centennial Complex are also available.

For many students this can be a stressful time due to other obligations and freshmen who are signing up for the first time.

"It is nerve racking because we have never done anything like this before and everything is new," freshman Lauren Reicks said.

"Coming in as a freshman you are given your housing assignment, so when it is completely random we are just hoping for the best and that we will all be able to live together."

Trying to find roommates to fill up the complete capacity can be difficult as well when students are studying abroad as well as trying to live off campus.

Those who apply to live off campus have to complete a set amount of requirements that allows them to live off campus.

They have to have fourth-year status as well as hold a cumulative GPA of 3.0 or higher.

If students are married or have children they are eligible to live off campus as well.

There are specific cases that allow students to live off campus if requested and noted prior to further housing.

Revolution marches to competition

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Revolution Indoor Percussion took a big step last weekend.

The group traveled to Cokato, Minnesota for its first ever competitive performance.

Revolution has spent its season this year performing at various events, including the half-time show at the men's basketball game in Levick Arena, at Waverly Shell-Rock High School during the boy's basketball game and during an instrumental concert.

The group consists of members whose main instrument is not normally percussion.

First-year Bridget Schaufenbuel is one of those members. Schaufenbuel's main instrument is tenor saxophone, but for Revolution she plays vibraphone.

Schaufenbuel described her experience of traveling with the group and making memories.

"It's great," Schaufenbuel said.

"We do so many fun things together. We have game nights together after rehearsals sometimes and going to them is a real stress reliever and just makes a long night of practice worth it."

The group left Waverly on Saturday at 5 a.m. and began their journey to Minnesota.

They stopped along the way for breaks, and stopped at the Mall of America for a little fun before their rehearsing began.

Revolution members attended their competition Mar. 17 in Minnesota. The group spent hours before their performance practicing. **–Silvia Oakland/***TRUMPET*

Director Stephen Klaassen said students had a great time both on the way to Minnesota and performing.

"We started off by going to the mall and hanging out, just starting the weekend off with a postivie attitude," Klaassen said.

"Then we went to the high school and rehearsed for a couple hours. We performed later and put our hearts out on the court."

When Revolution arrived at Cokato's school, they quickly unpacked their trailer and belongings in order to prepare for their practice.

They ran through their show multiple times and watched other groups perform their shows.

These other groups were in different classifications based on whether their performers were in high school, college or an independent group.

Some groups can pay dues of a thousand dollars to be a part of other indoor percussion teams.

"Watching those other groups perform really brought back memories from my past," Klaassen said.

"And I also had to remind my group that we're at a different level. We have a different purpose for being here; we're not here to compete against them but we're here to compete against ourselves."

While these other groups may have thousands of dollars poured into their program, Revolution gave the competitors a run for their money.

They placed third in their division, scoring a few points short of the lead performers. Klaassen said he couldn't be more proud of the group.

"It really just makes my heart happy and I couldn't be more proud," Klaassen said.

Revolution still has one more performance before the end of their season.

Their last performance is April 7 at Hawkeye Community College.

They will be performing their full show for the Muscular Dystrophy Association Walk and all who attend.

Following their performance members will gather one last time for their banquet.

International student visas may affect admissions

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As the flow of foreign students decreases, colleges and universities all over the country are suffering the consequences including Wartburg.

Iowa's three public universities have also been facing this issue with the expected loss of a few hundred students among them.

While this minor dip may not be noticeable at first, a prolonged decline would have repercussions for an institution's finances and culture. The same is true for Wartburg.

With international students making up nearly eight percent of Wartburg's student population, Vice President for Enrollment Management Edith Waldstein said a significant decrease in this percentage would diminish the richness of the campus's culture.

"We highly value the cultural richness that international students bring," Waldstein said.

Wartburg has over 120 international students from 55 different countries. Wartburg recruits international students through its global admissions representatives, who visit various United World Colleges throughout the world. **– Marketing and Comm.**

"That's why we have been intentional about recruiting and supporting them for so long. I am proud of the fact that Wartburg has been a leader in this regard for more than 40 years."

As a result, Wartburg's international student numbers have remained steady over the past few years, with 120 international students being recruited for this school year, representing over 50 countries.

This stability is due to the fact that Wartburg has excellent international student recruiting and financial aid packages for both need and merit, Waldstein said.

The recruitment process is highly dependent on Wartburg's global admissions representatives, who visit various United World Colleges (UWC) located throughout the world.

As a result, students from Zimbabwe, Japan or the Netherlands bring their cultures to Wartburg.

While Wartburg strives to maintain this culture, the national issue is still being taken very seriously.

"We are monitoring the international student visa issue and working with students who have identified Wartburg to pursue a visa as early as possible," Todd Coleman, Wartburg's assistant vice president for admissions, said.

"Although we may be affected to some extent, we don't believe it will be to the extent that will be experienced by large public institutions."

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Why the 'Burg will always be home

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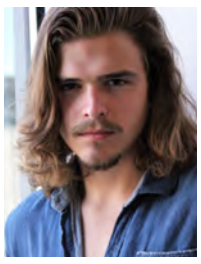

Progressing through the many years of school before graduating high school I was never one of those kids that had a dream school. Countless numbers of my peers wanted to go to big state schools or a prestigious school on the east coast. Me? I was just trying to graduate and have some fun in the process.

I never planned to attend Wartburg, or really any four year school for that matter. I originally wanted to go to trade school to work with my hands.

It could be said that my arrival at Wartburg was fate. I spent many Christmases in Waverly with my beloved family in the area, but I never considered Wartburg as a serious option, more importantly the Midwest, but I am glad that I did settle in at the 'Burg.

I can't be upset with my choice in the slightest, I have found my passion along the way and have also been able to nurture it while I've been here.

Looking back, there has always been an anchor keeping me at Wartburg. I originally found my way to the 'Burg through my passion for soccer. However, that lifelong passion unfortunately faded shortly after I came to campus. Funny how one coach can have such a bad impact.

With my main purpose for being at the 'Burg out the window, another form of attraction and a reason to stay had to materialize.

I've met some amazing people that have kept me at the burg for the duration of my schooling. For whatever reason that's what I think Wartburg does best. The school has a habit of bringing in unique, genuine and-all around awesome individuals.

These individuals are not limited to my peers but teachers, coaches, friends, faculty and staff that have unknowingly impacted my reason to remain on campus.

I feel like most people don't go beyond their peers to meet and make friends as often as they should. That is actually how I came to develop the most memorable and lasting relationships of my career. I didn't seek them out or act very intentional about them. Instead, I would just come in with an open mind and without even realizing it a relationship formed.

I don't think I can credit any of this to who I am but it is entirely due to the men and women that compose the spirit and nature that is Wartburg College.

The Dumpster Sandwich

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Weighing in at 3 lbs. this toasted garlic butter sub is filled with a layer of chicken breast, provolone cheese, a pile of ghetto Italian stew topped with another chicken breast, another piece of provolone finished with chopped parsley to make it sexy. Almost forgot the beloved pepperoncini's.

I know what you are all thinking, who would name a sandwich after some trash? Well, this guy did. The Dumpster is an absolute hog of a sandwich and a combination of random ingredients. It was ultimately a collaboration sandwich between Coon's Kitchen and Moore's Munchies (shout out Dakota).

He was in charge of the chickies and I was supposed to make a marinara… I did not come close. Once the marinara was no longer a thing we were two little kids playing in the kitchen, giggling as we tried to make the most obnoxiously delicious pile of food we possibly could.

I have come to call the sausage and veg "ghetto Italian stew".

I guess you can call it Italian because it has all the flavors of the boot: garlic, basil, red wine, provolone and the list goes on. However, I don't think any native would accept it as their own (their loss).

Now back to business. There are two options when it comes to the chicken. You can either bread it then deep-fry it, or bake, grill, and sauté. The choice is yours.

Personally, if we're talking flavor I would recommend the deep-fried version. Keep in mind it is a far more intensive approach than the other options but the end product will be far more delicious.

The attached recipe won't include the deep-fried version because it isn't the easiest way to cook and that is what I said I would bring you at the start of the column. Fast, easy, and tasty.

There will also be a lot of left-over ghetto stew with the measurements I give you, so feel free to get another loaf of bread and more chicken. Another option is to wrap the leftovers in a burrito or add some beef/chicken stock and make it an actual stew. Have fun and be creative.

Recipe for: Dumpster Sandwhich

Ingredients:

- Loaf of J.J. day old bread
- 3 chicken breasts
- 1 lb of pork
- Provolone cheese
- 1 yellow onion (chopped)
- 1 red pepper (chopped)
- 1 orange pepper (chopped)
- 5 cloves of garlic (diced)
- Salt & Pepper
- Basil, thyme, oregano
- 2 cups red wine
- Parsley (optional)
- Peperoncinis

Instructions:

Turn a large saute pan to medium heat and throw in the sausage. Mix until the sausage is begining to cook then throw in the peppers, onions and garlic. Drizzle in oil and then season with salt, pepper, thyme, oregano, and basil. Pour in the wine and carefully mix it all together. Let the stew simmer and reduce, mixing ocassionally until everything is tender and all the flavors have melded together. In the meantime cook the chicken to your liking. When the chicken is done slice it horizontally so there are two even halves. In the oven toast the bun. When the buns crisp and brown assemble the sandwich. Enjoi!

The path to positivity

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> *"We can give ourselves the time and space to breath and escape the stress that comes with negativity.*

Being positive doesn't come naturally to a lot of people. I am one of them. And honestly, it is hard for me to sit back and listen to people feed me repetitive, motivational speeches about turning lemons into lemonade or seeing my glass as half full. It doesn't feel personal, and it doesn't really do much.

Maybe that's the pessimist living inside of me, though.

These past few weeks, I have been trying to come up with motivational speeches to recite to myself throughout the day, because the cookie-cutter crap just didn't seem to work. Along the way, I have discovered a thing or two about myself I didn't know before.

Disclaimer: there might be some cookie-cutter crap ahead. Does that make me a hypocrite? Maybe. But what I'm about to tell you are things I wish someone told me.

First, you can't simply go online to find a solution to becoming a positive person. Sure, there are motivational speeches on YouTube, Instagram feeds full of miraculous transformations and blogs just like mine instructing you how to better your mindset. I can even tell my phone to give me a positive quote every morning to start my day.

Some of these things might feel like fixes or get you off on the right foot, but they are only temporary.

I could read 100 positive quotes every morning, and I would still be in a bad mood if I dumped my morning coffee on a white shirt. Life throws bad days at you, and it can be near impossible to turn every single one around.

We can't always turn negative situations into something positive as much as we might want to, but we can give ourselves the time and space to breath and escape the stress that comes with negativity.

This is why I take time out of my day to wind down and give myself a brain break.

I usually give myself 10-30 minutes alone in my room. I put on comfortable clothes, turn on a white noise playlist on Spotify and close my eyes. I recently got a new sleep mask, which definitely helps to block everything out.

I'm not telling you to pretend negative situations don't happen, but rather give yourself the space to think them out before you spread that negativity.

One of my big rules for staying positive is having a lot of self awareness. When I take time to myself, I think a lot about, well, my thoughts.

I think about how I react in negative situations – How do I feel? What is my physical reaction? What expressions do I make? This helps me to gauge how that negativity impacted me and gives me the opportunity to compare that situation with those in the past.

My second rule is spreading the positivity I am able to gain. Today, I sent out punny, positive e-cards to my closest friends and peers. Being able to make someone else smile or brighten his or her day even by a little bit helps me have a better mindset.

Spreading positivity builds your own.

At the end of the day, whatever works best for you is what you should pursue. If motivational YouTube videos are what get you pumped up for your day, then embrace that.

Either way, I think that dedicating quiet time to yourself every day and sharing your thoughts on positivity will bring you a long way. It has certainly changed my perspective.

Softball throws Liz a changeup

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Liz Roby Miklus has been playing softball for as long as she can remember. Now, in her junior year of college, she has helped the Wartburg softball team off to a 10-6 start to their young season, and continues to produce in spades.

Roby Miklus started out playing bam-bam ball, when she was barely big enough to hold a bat. A product of Saydel High School, what she eventually became was a prototypical leadoff hitter: lots of speed, good base-stealing ability, a reliable contact hitter to get on base, but could knock the ball into next week if she got it just right. Her senior year, she hit .440 and stole 33 bases through 36 games.

At Saydel, Roby Miklus was also a track athlete. When the time came for her to come to Wartburg, she knew that she would have to choose between the two because of the conflicting schedules.

She, of course, chose softball. She said track is much more individualized, and therefore didn't offer the team aspect she loved so much.

"Softball, I think, is a lot more of a team sport, and I wanted that. I wanted a family. I wanted something that I could fail with people and succeed with other people," Roby Miklus said.

When she got to Wartburg, she earned the starting spot in center field very quickly.

Once she got there, she was asked to do something that required her to make a very dramatic change to her play style.

"In high school, I hit right-handed. Now I hit left-handed, and I slap," Roby Miklus said. "Mentally, that was a big, big adjustment for me; to go from being able to cream the ball and play small ball to not even being able to see the ball come in. It was crazy."

And the mental toughness of that change showed in the stats. Her freshman year, she hit just over .250, and had as many strikeouts as she had hits. But that didn't stick.

The very next season, her average went through the roof, jumping up to .377.

The strikeout number went up by two from the previous year, but was balanced out by her getting almost twice the number of hits.

Now, Roby Miklus is lighting it up in her junior season. Through 16 games, she's hitting a ridiculous .415, and leading the team in steals with 15.

She said her success on the base path happens with the team in mind, but is also just due to her nature.

"I'm really competitive," Roby Miklus said.

"I like to play games on the bases. Me versus the catcher, or me versus the shortstop. I think that it helps out the team a lot when I'm able to get on base and not only be on base and be a threat, but advance myself. It takes the pressure off my teammates for hitting the ball in the right spot so I can move around."

Despite her successes on the field, though, Roby Miklus said the off-field values of the softball program resonate a lot with her.

Liz Roby Minklus made the switch from right-handed hitter to slapper while at Wartburg. **-Marketing & Comm.**

"One of my favorite parts of this program is the focus on being a better person; our character," Roby Miklus said.

"Going from right-handed to left-handed my freshman year of college, my mental game was very weak; I was a head case. I had too many strikeouts to even count. I was very negative in my head, and I was seeing that impact my life. So I was finally listening and buying into all the positive mindset that Coach Mueller has put in place for us, and it's completely changed my life; the way that I think about myself, my friends, my teammates—it's just a lot more of a positive mindset, and I'm always looking to better myself."

As a future educator, and as the end of her time at Wartburg looms closer every day, Roby Miklus recognizes that softball is much more than a sport.

"I'm realizing as I'm coming toward the end of my softball career that there's a lot more to life than just softball, and the lessons we learn can be transferred into every aspect of life," Roby Miklus said.

"In many ways, I think this program has instilled even more in me; the yearn to be better."

While the remainder of her career grows shorter, she still has one more year to tear it up on the softball diamond, and plenty of season left this year as well.

Coming up, Roby Miklus and the Knights will host Hamline for a double-header on Wednesday starting at 3 p.m.

Their conference season begins Friday in Lincoln, Neb., when they go to face Nebraska Wesleyan. The game starts at 3 p.m.

Roberts runs away with national honors

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As junior Casey Roberts was running the mile during the 2018 Indoor Track and Field National Championships, he knew he was doing well but didn't expect to get All-American honors.

That was, until he turned around after passing the finish line and saw his name on the scoreboard, making it the second honor he received during this year's nationals.

Roberts surpassed his own expectations by getting All-American honors in both the mile and the distance medley relay.

"This year all of the hard work I've put into track has really paid off," Roberts said.

While Roberts will be the first to admit that he hasn't done as well the two previous years he competed at Wartburg, he has shown great improvement this year.

Going into Nationals with the fourth best time in the country was proof of the advancement in Roberts athletic skill this year compared to previous seasons.

"He worked a lot harder," head cross country coach Ryan Chapman said.

"He's got a great head for success. He doesn't fret, he doesn't panic and he's not afraid of hard work."

Casey Roberts was the only Wartburg male track athlete to qualify for two events for the NCAA Indoor National meet, in the 1600m run and the distance medley relay. **-Marketing & Comm.**

The biggest asset that Wartburg provides to its track athletes is the ability to rely on each other.

Wartburg's track and field team strives to encourage everyone to achieve their ultimate goals by relying heavily on fellow teammates to aid in training and inspiration.

"At Wartburg we rely a lot on packs, so your teammates help you pull you through your workouts," Roberts said.

"I definitely put credit to my teammates because it was all them that helped push me to get honors."

Chapman found that giving Roberts a training partner who pushed his limits added a bit of a healthy competition between the two, and has really helped improve Roberts' running. This partner came in the form of freshman Sam Pinkowski.

"The biggest change that happened between this year and last year was that Casey got a tremendous training partner in Sam Pinkowski," Chapman said.

"Sam allowed Casey to train at an even higher level."

Chapman said that going into next season, Pinkowski and Roberts have two of the highest times as returning athletes.

"Casey was sixth in the nation but Sam's the school record holder and when Casey finished in Nationals, Sam said, 'you still haven't passed my record,'" said Chapman.

Now going into the outdoor season, Roberts is ready to build off of his freshly achieved All-American honors and improve even more.

"Now that I've gotten to compete with the top guys in DIII, I kind of know what it takes and know how they run so they're not way out of reach anymore," Roberts said.

"I got sixth, but I want to see how far I can go and keep improving and hopefully be a national champion one day."

Roberts and the rest of the Wartburg track and field team will open their outdoor season this Thursday and Friday with their home invitational.

Stepping up to top spot

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Connor Barnard has stepped up into the top spot on the mens tennis team this year **-Marketing & Comm.**

Connor Barnard is a senior on the Wartburg men's tennis team from Cedar Falls who plays number one singles and doubles. After playing at Simpson College for a year, he decided he wanted to come to Wartburg.

Barnard played mostly number two singles last year and number one doubles with Brandon Hornback, who graduated last year.

Wartburg men's tennis main tennis season is in the spring. Currently, they have been playing non-conference matches, but kicked off their conference season on Saturday, March 24, against Coe College at home. The KoHawks defeated the Knights, 9-0.

However, Barnard took home two wins for the Knights against Monmouth College.

Barnard has stepped up as a leader for the Knights, initiating off-season practices for the team on days the team does not lift in order to get better and prepare for the incoming season.

"We ran drills and helped individuals work on certain shots that they aren't entirely comfortable with," Barnard said.

Barnard also worked at a tennis club this past summer in Reno, Nevada. He worked with a head pro, which taught him a lot about that career.

"I taught group lessons, I shadowed him in private lessons, I ran a camp, and I ran cardio tennis for adults. I learned what it's like to be part of that career choice," Barnard said.

Barnard is playing at a little higher spot than last year, but that isn't stopping him.

"It wasn't a big change, but it was still a change. I'm playing the best people from each team. The biggest thing that has helped me from last year to this year is my mental game. I wasn't as mentally confident last year, but this year I've gained that mental strength and it's helped me compete against these higher-level players," Barnard said.

Second-year head coach Chris Gustas said Barnard's mental stamina has improved since Gustas has known him.

"Connor's mental game has been the biggest difference since when I met him until now because if he's down, he will no longer beat himself. He's a competitor," Gustas said.

Barnard currently plays doubles with Jeremy Ellerby, a senior from Marion. The pair haven't played doubles together until this year, as Barnard played with Hornback last year.

"Connor and Brandon were pretty equal players last year, but this year Connor takes over that leader role in doubles. Jeremy has a good mental game and helps set up Connor in points, especially at the net. Jeremy is very capable at playing at that level. His volleys are good and his serves are very accurate. Connor is just more of the aggressor," Gustas said.

As this is Barnard's final season for the Wartburg men's tennis team, he has some goals for himself and for the team.

"My personal goal is to make All-Conference singles and doubles, and also to beat Brandon Hornback's singles record. As a team, I'd like to get above .500 on the year. I think we can do it," Barnard said.

Although Barnard transferred from Simpson, he didn't struggle finding his spot at Wartburg.

"Looking back at it, coming from Simpson to Wartburg, I knew the team culture would be better because people are more dedicated to the sport here. I knew a couple players from the Wartburg team before I came and I knew it would be a good fit for me here," Barnard said.

Greiskalns attacks offensive roles

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When Bri Greiskalns first tried out for the school lacrosse team, she didn't know what to expect.

Bri Greiskalns

To the Minnesota native, lacrosse was just another sport.

However, as she continued to play throughout her high school career, Greiskalns found that lacrosse was a nice blend of the two other sports she played: hockey and soccer.

After being contacted by Wartburg's head lacrosse coach, Anna Meerbach, and looking into the college's neuroscience program, Greiskalns decided that Wartburg was the place for her to continue her athletic and academic careers.

Meerbach said that while watching Greiskalns play during her senior season, she knew she was an athlete the team needed.

"I noticed a lot of natural abilities, as well as a fun level of innovation in her stick work," Meerbach said.

"It was easy to see she would add depth to our attack."

And that she has done. Greiskalns, a first-year, co-leads the team with Ashlyn Jelinek with most goals at 17 and currently leads the team in assists with eight.

Senior attacker Allie Stahmer acknowledged that not only do Greiskalns' statistics shine, but her leadership ability does as well.

"Bri is a natural leader on the field. She works hard and is constantly opening up situations for us. She never gives up, and being on a newer team that is a hard thing to do," Stahmer said.

"Bri is a strong player and I trust her 100 percent on the field. That is what she needs to work on, she needs to trust herself and her abilities."

Lacrosse is still a relatively new sport in the midwest, according to Meerbach. Because of this, Greiskalns credits Meerbach with her success, as she had to make fundamental changes to the way she plays.

"In high school, the coaches were the soccer coaches who just stepped up to coach, so having a lacrosse coach who knows the offensive and defensive roles. . . I've had to change a lot," Greiskalns said.

"We didn't have any set defenses, but here, Coach Meerbach coaches you on how your body should be compared to where the ball is."

Additionally, Greiskalns said that while she was nervous to join the team, they helped her step out of her shell, specifically mentioning the spring break trip in Virginia.

While in Virginia, the team played two games, which they won, and spent time getting to know each other.

"They made us all feel uncomfortable enough to be comfortable around each other," Greiskalns said.

During her time in Virginia, Greiskalns found that she and Stahmer were very similar.

Greiskalns said that she admires Stahmer's confidence while on the court and hopes to grow into that.

Greiskalns added that she felt the spring break trip was beneficial to the team both on and off the field.

"I think if everyone trusts each other on and off the field, it helps with finding success as a whole instead of counting on one or two individuals," Greiskalns said.

Stahmer said that the bond she and Greisklans have forged has affected how she plays.

"She's blended into our team so well that already I can't imagine playing a game without her," Stahmer said.

"She and I work well together on the field; we have a good connection so it's crazy to think that she's a freshman and I'm a senior. I'm just glad I have this year to play with her, because it's definitely been fun."

Greiskalns, Stahmer and the rest of the Knights lacrosse team will continue their season at home against the University of Dubuque on Wednesday at 4 p.m and at Monmouth on Saturday at 1 p.m.

Wartburg to rename press box in honor of former SID

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Wartburg announced last week that the press box at Walston-Hoover Stadium former Sports will be renamed after former Sports Information Director, the late Duane Schroeder who worked at the school for over 40 years.

Duane Schroeder

Schroeder graduated from Wartburg in 1958 and became the News and Sports Information Director for the college the day after graduation. He held this position for 42 years.

He was a founding member of the College Sports Information Directors of America group.

He also served as director of information for the Iowa Conference from 1966-92.

Wartburg inducted Schroeder into their Athletics Hall of Fame in 2001. CoSIDA followed suit, inducting him in 2017.

Athletic director Rick Willis says the dedication of the press box is a great honor for someone who did so much for athletics at Wartburg.

"It's a great place to honor him because he loved covering Wartburg athletics. That was certainly one of his top passions," Willis said.

"I think it's great that the opportunity has risen to honor Duane in this way. I feel like it's something he'd be really proud of."

The college will formally dedicate the press box on Sept. 15 prior to the football game against the Buena Vista University Beavers.

This will be Wartburg's first home game against IIAC competition next season after playing Greenville at home and Monmouth on the road.

Trumpet Athletes of the Week

Eric Willis

Scored two runs and stole two bases for Wartburg baseball in a 3-0 win over Rose-Hulman.

Ashlyn Jelinek

Scored a career-high six goals in 15-13 loss to Loras. Co-leads the lacrosse team in goals with 17.